



# Top Form Tele-Med Services

## When/How to use:

- If a serious injury always call 911 or seek urgent Medical care
- If very minor injury, use selfcare: ice, bandage, etc. then see School Nurse/ATC next day
- If more serious and would like advice/treatment (example sprained ankle) and athlete does not have access to school ATC..call Top Form Owner & President Ron Annis at: 518.496.4976 Monday-Sunday 8am-7pm, or [ron@topform.us](mailto:ron@topform.us) monitored and attended to consistently.
- We will issue advice over phone, zoom or other video platform, or make appointment at a Top Form clinic, to be seen by ATC. If we see need, connect to our Network for effective and timely service by your ATC.

With your school's contract: Your Child has five(5) treatment appointments available at Top Form Performance Training Clinic, either Chatham or East Greenbush, to get them back to sports...safely. Thereafter discounted programs for long term care and continue working on the whole body & mind.